



Triathlon Ireland  
**DEROGATION BOOKLET**  
January 2019

## **Derogation from 2019 ITU Rules**

### **VERSION HISTORY**

<b><u>Prepared By</u></b>	<b><u>Version Number</u></b>	<b><u>Date</u></b>
Karl Vekins	1.0	01/01/2016
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**1) General Rules**

- a.) The Technical Official or Race Director must record and display the water temperature one hour before an open water event.
- b.) Race organisers are required to supply a minimum of two race numbers to all competitors. One number is to be secured to the competitor's front for manual timing backup and the second number secured to the competitor's bike for both security and identification on bike course.
- c.) A draft legal event on closed roads may be sanctioned if each start is capped at 60/100 per wave and each wave must contain mixed abilities and strengths.
- d.) Helmets must comply:
  - (i) ANSIZ90.4
  - (ii) SNELLB90
  - (iii) EN1078
- e.) If an athlete shows up at an event without a photo on their Triathlon Ireland membership they must have passport or driver license photo identification
- f.) Technical Officials must refer to the Serious Incident Protocol if they are withdrawing Triathlon Ireland cover or altering/cancelling an event.
- g.) All relay team members must show up and sign in at registration and have proof of age if required by the Head of Registration or the Technical Official.
- h.) The [Triathlon Ireland Protest and Appeals Policy](#) must be referred and implemented at all Triathlon Ireland sanctioned events.
- i.) The Elite National Championships will follow ITU elite rule guidelines.
- j.) All Triathlon Ireland open water events must adhere to a strict wetsuit mandatory policy, with the exception of two races where the wetsuit policy is subject to ITU rule guidelines.  
The two events which are subject only to ITU rules regarding wetsuits are the following:
  - 1. Dublin City Triathlon
  - 2. Base2Race Harbourman
- k.) The lowest water temperature has been reduced to 11°C for open water swims in Ireland only.

Original swim distance	Temperature of water				
	Below 11°C	11°C – 11.9°C	12°C – 12.9°C	13°C – 13.9°C	14°C – 14.9°C
750 m	Cancel	750 m	750 m	750 m	750 m
1500 m	Cancel	750 m	1500 m	1500 m	1500 m
3000 m	Cancel	750 m	1500 m	3000 m	3000 m
4000 m	Cancel	750 m	1500 m	3000 m	4000 m



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- I.) Sprint distance and Try a Tri races which allow those aged 15-17 to enter will need to comply with the following 4 steps to ensure child protection protocols are observed at the event.
1. Appoint a Designated Person(DP) who has completed Garda Vetting/Access NI, completed Safeguard 1, signed a code of conduct. (See below for details on how to complete these requirements)
  2. DP must create a Safeguarding risk assessment and send to Niamh O’Gorman at least 2 weeks prior to the event at [niamh@triathlonireland.com](mailto:niamh@triathlonireland.com). Niamh will consult with the DP regarding the best approach to mitigating risks and create an official race document.
  3. DP should issue an email to parents/guardian of those racing aged 15/16/17.
  4. DP should carry junior sign in documents (either from sign in sheets or race pack collection). These show that a parent/guardian is accompanying the junior and should have their contact number in case of emergency.



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## 2 Junior Events

### 2.1 General

- a.) Children's events give 6-14 year olds the opportunity to take part in Multisport Events. Competitors are split into two-year age groups, with each group racing over different distances;
  - (i) The 6-8-year-old category is run over very short distances to introduce young competitors to the sport.
- b.) These extra rules or rule variances are written for children and their parents/guardians/accompanying adults, and are intended to help make children's events safe and enjoyable;
- c.) Please refer to the sanctioning [Safeguarding Policy Documents](#) regarding guidelines for the use of photographic and filming equipment at children's competitions.
- d.) The Event Organiser must ensure consent (*completion of sign on sheets or event entry through the Triathlon Ireland website*) from a child's parent or guardian that the child has permission to compete in any given event, and is sufficiently fit and healthy;
- e.) The Event Organiser must ensure that a child has Triathlon Ireland membership or One Day Licence confirming the child has appropriate cover in place to complete, with exception of Tri Hero events run in partnership with Triathlon Ireland
- f.) At all children's events the Race Organiser must ensure a system is in place whereby children can be handed over to parents or guardians after the competitor crosses the finish line from a safe enclosure/compound. Please see [here](#) for guidelines
- g.) Competitors who are 15 years old on the 31st Dec in the year of the competition can race on open roads up to 10 km, they must show proof of age. Consent must be received by a parent or guardian.



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2.2 Race Distances:

a.) The following maximum distances are applicable for each age group for triathlon competitions:

Triathlon	Pool Swim	Open Water	Cycle - Grass	Cycle - Tarmac	Run
Age 6-8	50m	100m	800m	1500m	600m
Ages 9-10	150m	200m	2km	4km	1200m
Ages 11-12	200m	300m	4km	6km	1800m
Ages 13-14	300m	500m	6km	8km	2400m

b.) The following maximum distances are applicable for each age group for duathlon competitions:

Duathlon	Run 1	Cycle - Grass	Cycle - Tarmac	Run
Age 6-8	400m	800m	1500m	200m
Ages 9-10	1200m	2km	4km	400m
Ages 11-12	1600m	4km	6km	600m
Ages 13-14	2km	6km	8km	800m

c.) The following maximum distances are applicable for each age group for aquathlon competitions:

Aquathlon	Pool Swim	Open Water	Run
Age 6-8	50m	100m	600m
Ages 9-10	150m	200m	1500m
Ages 11-12	250m	300m	2km
Ages 13-14	400m	500m	3km

d.) Aquabike distances should be taken from the swim and cycle distances of triathlon competitions;

e.) Age groups are based on the age as at 31st December in the year of the competition;

2.3 Open Water Swimming:

a.) Open water swimming is permitted for children once maximum distance adhered and appropriate safety procedures in place

b.) The minimum permissible open water temperature in which children can swim is 11°C;

c.) Maximum swim distances can only be used when the water temperature is 13°C or above;

d.) When the water temperature is between 11°C and 13°C then the swim distance should be reduced by an appropriate amount, as decided by the Event Organiser and Technical Officials, taking into account other climatic factors on the day;

e.) No maximum thickness for wetsuits (TSS–TS3 only)

f.) Maximum of 25m between safety craft



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- g.) A minimum requirement of one safety craft to every 15 competitors
- h.) Other rules pertaining to Open Water Swimming are found in International Triathlon Union rules – Swimming Conduct.

2.4 Cycling Conduct/Equipment:

- a.) It is the child's parent's/guardian's/accompanying adult's responsibility to ensure the competitor's cycle is in a safe and roadworthy condition;
- b.) Aero bars (handlebar extensions) must not be fitted to cycles where cycling takes place on grass. (Please note that mountain bike bar-ends are acceptable.);
- c.) Where cycling takes place on tarmac, competitors of 13 years or over may use aero bars. Age is taken as at 31 December in the current year;
- d.) In events where there are draft-legal waves, these will follow the current ITU rules on drafting.
- e.) The cycle sizing rules for adults may not apply to children's cycles, but all cycles must, at least, have:
  - (i) all handlebar and aero bar/bar extensions plugged;
  - (ii) properly fitted and serviceable tyres, wheels, gears and controls;
  - (iii) a working brake on both wheels.

2.5 Safety:

- a.) The following additional safety requirements apply to events for competitors aged 6-14 years of age:
  - (i) cycling and running must take place on roads or circuits closed to vehicular traffic; (exceptions – see 3.1. G.)
  - (ii) fluids must be made available at the start and finish of both cycle and run sections;
  - (iii) competitors must be visible to marshalls at all times.
- b.) No individual support/pacing by cycles or on foot is permitted, except where provided by the Event Organiser;
- c.) In order to avoid accidents, safeguard equipment and protect personal possessions, competitors must not bring helpers, friends or family members into the transition area when the race is in progress. At any other time only one helper, friend or family member will be permitted per competitor.
- d.) Barefoot running is not permitted.

2.6 Penalties:

- a.) Warning:
  - (i) All penalties in Section 3 of ITU rules apply – Penalties apply.
- b.) Time Penalty:
  - (i) All penalties in Section 3 of ITU rules apply – Penalties apply;
  - (ii) The time penalties are different depending on age category:



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- 9 – 10 years - 10 seconds;
- 11-12 years - 20 seconds;
- 13-14 years - 30 seconds.

c.) Disqualification

- (i) All penalties in Section 3 of ITU rules – Penalties apply, with the exception of:
  - Breaking road traffic regulations as events must take place on roads or circuits closed to vehicular traffic;
- (ii) The penalty for outside assistance is not valid where it is provided by the Event Organiser

d.) Guardians/Accompanying Adults:

- (i) Failure by a parent/guardian/accompanying adult to carry out the instructions from Technical Officials, or failure to conduct him or herself in a proper manner may lead to disqualification of the competitor;
- (ii) Failure by a parent/guardian/accompanying adult to carry out the instructions from Technical Officials, or failure to conduct him or herself in a proper manner may further lead to disciplinary action against the competitor by Triathlon Ireland
- (iii) Misconduct by a parent/guardian/ accompanying adult may include, but is not limited to:
  - threatening, abusive or insulting words or conduct;
  - failure to obey marshal/Technical Official instructions;
  - handing water bottles or any other equipment to, or collecting from, competitors;
  - tampering with the equipment of others;
  - unsporting impedance.